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Edible® ARRANGEMENTS

An investigator collects evidence outside Opera Ultralounge Sunday morning after a man in his 20s was shot and killed in front of the bar as clubgoers left around 2 a.m. SHANE GIBSON/METRO

Man dead in shooting outside club

Additional victims?

Man in his 20s is city's ninth homicide victim of the year

SHANE GIBSON
shane.gibson@metronews.ca

A man is dead and police believe others may have been injured after shots were fired in front of Opera Ultralounge as clubgoers were leaving the popular Exchange District nightclub early Sunday morning.

Police said a man in his 20s was shot around 2 a.m. and rushed to hospital in critical condition but later died.

Police spokesperson Const. Jason Michalyshen said investigators believe additional victims were involved, and are asking them — or anyone else with information about what led to the shooting — to come forward. "There might be other individuals who have sustained injuries," he told reporters, declining to say how many other victims there were or how they were injured. "Right now we're in the information-gathering stage.

"We certainly don't want to provide too much information that might potentially jeopardize the investigation."

Witnesses have told police a group of males had been involved in a confrontation outside the club leading up to the shooting, but Michalyshen couldn't say whether the group had been inside the club when the trouble started.

Michalyshen said it's too early to say whether the shooting is gang-related, but did say more information would likely be released Monday.

Anyone with information is asked to call police at 204-986-6508 or Winnipeg Crime Stoppers at 204-786-TIPS.

Tangerine
Forward Banking

The new made-in-Manitoba Xcelsior electric bus was unveiled to media on Friday. Watch for them this fall (because it's hard to listen for them).

PHOTOS AND TEXT: BERNICE PONTANILLA
winnipeg@metronews.ca

5 Things to know about the new electric buses

Meet the fleet

Four of the new buses — the result of a joint project between the provincial government, New Flyer Industries, Mitsubishi Heavy Industries, Manitoba Hydro and Red River College — will be loaned to Winnipeg Transit in the fall to be used on regular routes.

Charge it

The charging station for the Xcelsior electric bus, which is currently being used to shuttle Manitoba Hydro employees between the downtown and Taylor Avenue offices. The bus drives up to these prongs and a bar on top of the bus automatically lifts to connect to the charger.

A peek inside

An inside view of the Xcelsior electric transit bus. Officials with the province, city, and businesses involved with the project accompanied media on the ride-along Friday.

College co-operation

Instructors with Red River College were involved in the assembly of the electric bus battery. Currently, the bus needs only four minutes of charging for one hour of operation, and can be fully charged in 20 minutes.

The world is watching

A cameraman gets a closer shot of the Xcelsior electric bus as it gets charged up. New Flyer Industries' officials said there's already international interest in the project and its results, especially during cold weather.

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2nd Place: $50 Gift Certificate from Chicken Chef
3rd Place: Flower Arrangement

Mayor Sam Katz, left, next to Municipal Government Minister Stan Struthers. BERNICE PONTANILLA/METRO

Katz 'ecstatic' over renewal, indexing of the gas tax fund

About $40.5 million per year. Mayor says funding will help tackle infrastructure deficit

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Mayor Sam Katz notched a big win on Friday as federal and provincial officials descended on city hall to announce the renewal of the gas tax fund and, more importantly, its indexing for inflation.

Katz was highly critical of the lack of indexing, arguing in the past that it translated into less money each year.

"I'm ecstatic today that it's happened," said Katz, adding that the money for Winnipeg will be around $40.5 million per year — and indexed to stay at that amount.

"Big mayors' caucus, this was exactly the topic year after year, and today it's been announced, so it's a very good day."

Katz said with this kind of stable funding, the city will be able to better tackle the estimated "$3.2 billion" infrastructure deficit.

"What this does, it helps us basically get to a point, maybe within a decade and a half if everything goes well, depending what interest rates are and what other monies we can find, to get to a point where we can have new infrastructure and then maintain it properly," said Katz.

Canadian Heritage Minister and St. Boniface MP Shelly Glover said the indexing will be at a rate of two per cent per year.

Prosperous decade

$713M

The share of the gas tax fund that the federal government says Manitoba will receive over the next 10 years

Inner-city residents paying too much property tax: Eadie

An inner-city councillor says residents in his ward are paying more property taxes than they should — thanks to reassessments — and that he has a solution.

Coun. Ross Eadie said inner-city residents have suffered a 53 per cent hike in property taxes since 2009, according to a study he conducted and released Friday.

"What's really happening is, houses that are in old neighbourhoods, houses that are around the $200,000 mark, they have been going up way faster than property values in rich neighborhoods," Eadie said Friday, adding that prices in newer suburbs often stay the same.

Eadie said he looked at reassessments since 2009, analyzed the data and applied it to the property-tax budget.

Eadie said each individual pays a piece of the property-tax pie; if a person's reassessment is below average, they pay less property taxes, and if it's above, they pay more.

"The pie in the inner city in these old neighbourhoods is growing faster, so we're going to pay more taxes just for that reason."

Eadie said many who buy more expensive houses in newer neighbourhoods have better cash flow, but property reassessments aren't related to homeowners' wealth.

"(In many older neighborhoods), there's been a 53 per cent increase in the share of the pie," Eadie said. "People's wages haven't gone up 53 per cent, but their asset did."

SCOTT BEST/FOR METRO

Eadie's solution

Once the assessed value of a house is determined, apply a formula to bring the value up or down to the average, depending if the value is above or below average. Then multiply the mill rate.

- "Everybody would see a 2.9 per cent increase in 2014 if you did that, which is fair," said Eadie.

Teasers Burlesque

Measles feared at strip club

Health officials are warning patrons of a Winnipeg strip club that they may have been exposed to measles.

Manitoba's medical officer of health says the province's eighth confirmed case is a man in his 30s who lives in the Winnipeg area.

Officials say anyone who was at Teasers Burlesque Palace on April 25 from 10 p.m. to midnight may have been exposed. Symptoms of measles generally appear seven to 21 days after exposure.

THE CANADIAN PRESS

Lake Winnipeg

Committee struck over worries about zebra mussel kill

Commercial fishers concerned about income slipping through their nets have formed a working committee with the Manitoba government and others to discuss the implications of a zebra mussel kill at four Lake Winnipeg harbours this spring.

The committee was announced after fishers and other concerned people turned out Thursday to a public meeting in Winnipeg Beach to hear about the proposal to spread liquid potash in the harbours to eradicate the invasive species.

The fishers say they're worried because the kill is expected to be carried out from mid-May to mid-June — a prime time of the year to catch fish in the lake — and their livelihoods could be affected as a result.

Tony Pimentel, the mayor of Winnipeg Beach, says the committee will look at how the fishers can carry on while the province halts the spread of the mussels.

The harbours at Winnipeg Beach, Gimli, Balsam Bay and Arnes are targeted for closure.

The province has said zebra mussels were first spotted in the lake last October. THE CANADIAN PRESS

Did you know 72% of pain sufferers regularly have trouble sleeping?*

*Source: Data on file. Johnson & Johnson Inc. Analgesics Equity/U&A Research, 2010

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Party infighting

Grits shelve party's disputed changes

Manitoba Liberals avoided an internal showdown Saturday by shelving controversial changes to the party's constitution.

Corey Shefman, senior adviser to leader Rana Bokhari, withdrew proposed changes at the party's annual general meeting that critics said would have concentrated power in the party's inner circle.

"It was a recognition that there are different people in the party with different interests and different opinions, and it was a respect for those different opinions," Shefman said afterward.

One change would have reduced the size of the party's board of directors, which includes representatives from all areas of the province and makes decisions alongside the party's executive. Another change would have reduced the minimum number of board meetings each year, to six from eight.

The Liberals, who have just one legislature seat but have shot up in recent opinion polls, are trying to present a united front in the wake of open criticism of Bokhari from a small but very vocal group of members. Bokhari was elected leader last October in a three-way race that left some of her opponents' troops bitter.

An email sent by one board member last week to hundreds of Liberals said Bokhari and her team had stopped listening to the party's grassroots and were violating the party's constitution — accusations Bokhari has denied. The president of one constituency association, Shane Nestruck, made similar accusations and said he is resigning.

THE CANADIAN PRESS

The National Microbiology Lab in Winnipeg. The federal government has made changes to the job posting for a new director of the lab after criticism that they were looking to hire a bureaucrat and not a scientist. THE CANADIAN PRESS FILE

Feds redo posting for lab's top job

National Microbiology Laboratory. Public Health director says the agency will appoint a committee to help find the right candidate

Quoted

"Certainly our intent is to have a PhD or an MD and ideally we would have a person with both."

Dr. Gregory Taylor, acting head of the Public Health Agency of Canada

The federal government has made some changes to its eyebrow-raising job posting for the position of head of Canada's National Microbiology Laboratory.

The revised posting drops the requirement that the lab director must be bilingual and is extending the period of time candidates have to apply, Dr. Gregory Taylor, the acting head of the Public Health Agency of Canada said.

He also said the agency would appoint a small advisory committee to help it find the right candidate, and would seek advice from the former director, Dr. Frank Plummer. The members of the committee haven't yet been selected, he said, but insisted they would be "top-flight individuals."

The original posting, which was quietly placed on a federal government jobs website, offered a scant three weeks for would-be candidates to submit their applications. Now the period has been extended to May 28 from May 14, Taylor said.

The government is seeking a replacement for Plummer, who was the Winnipeg lab's scientific director since 2000.

His departure was not announced, but many scientific and public health leaders who were aware of the vacancy have been very concerned about the way the government is going about filling the job and the job posting itself.

The three-week window to apply, the lack of attention drawn to the opening, and the salary scale offered — starting at $132,600 — suggested to a number of people that the federal government might be seeking a bureaucrat, not a top-notch scientist to replace Plummer, who is a world-renowned HIV researcher.

The posting did not stipulate that candidates must be experienced scientists, nor did it ask that they have published scientific papers. THE CANADIAN PRESS

Unhappy birthday. Mail mix-up muddles mom's gift, Montrealer's passport

A mail mix-up has resulted in a Manitoba woman's mother getting a Montrealer's passport instead of the homemade teddy bear her daughter tried sending her as a birthday present.

Late last month, Ashley Newton of St. Andrews, Man., tried sending a package to her mom in Liverpool, England. But the package her mom received contained not a teddy, but a passport belonging to a Montreal woman. Canada Post says the label fell off Newton's package right beside the passport package, and a clerk put the label on the passport by mistake, and "return to sender" on the teddy. THE CANADIAN PRESS

Winnipeg Humane Society. New class offered for dog owners with toddlers

The Winnipeg Humane Society is offering a new class for dog owners with toddlers.

Dr. Renee Will, a certified professional dog trainer and the instructor for Dogs & Toddlers, said in a release the class answers questions all new parents have about their pets.

"The class offers advice about common trouble spots between toddlers and dogs in a home, as well as teaching parents to recognize their dog's body language to keep their children safe."

Classes start on May 15 from 7 p.m. to 9 p.m. The cost is $25 per person. To register, call 204-982-3555. SCOTT BEST/FOR METRO

Price policy ups the cost of cheap beer brands

Social responsibility. Province revamps premium pricing system that sets cost based on alcohol levels

Prices are expected to increase for a small number of discount beers in Manitoba next month as the province revamps its minimum-price policy aimed at discouraging excessive drinking.

On June 2, the provincial liquor authority is changing the so-called social responsibility premium on beer sold in government-run stores and private vendors. The premium is a flat rate of $5.64 per litre that has been applied since 1998 to all beer brands with an alcohol content of seven per cent or more.

The flat rate will be replaced with a sliding scale that will calculate the minimum price based on alcohol content — the higher the content, the higher the price. It will also apply to all beer types, including those with lower alcohol.

Manitoba Liquor and Lotteries expects the change will only affect a few cut-rate beer brands among the hundreds that are sold.

THE CANADIAN PRESS

Details

- **Under the new pricing.** A case of 24 bottles of six per cent beer will have to sell for at least $28.16, plus deposit and taxes.
- **Bars.** Manitoba also has minimum booze prices in bars and restaurants. Those will not be affected by the new calculation.

On the run

Valerie Snid was one of roughly 2,900 runners who took part in the 10th annual Winnipeg Police Service Half-Marathon and Two-Person Relay Sunday morning. After the run, the service announced the event has raised $1 million for the Canadian Cancer Society over the last decade. SHANE GIBSON/METRO

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Activists free jailed comrades

Ukraine. Several Pro-Russian protesters were detained after violent clashes on Friday that killed 40 people

Outrage over the deaths of pro-Russian activists in riots in Odesa triggered new violence Sunday in the Black Sea port, where a mob of protesters stormed police headquarters and freed dozens of their jailed allies.

The activists had been jailed for their involvement in clashes Friday that killed more than 40 people — some died from gunshot wounds, but most from a fire that broke out in a trade union building. It was the worst violence in the Ukrainian crisis since more than 100 people died in Kyiv in February.

Ukrainian Prime Minister Arseniy Yatsenyuk visited Odesa on Sunday to try to defuse the mounting tensions and hinted strongly that he saw Moscow's hand in the unrest spreading through southeastern Ukraine.

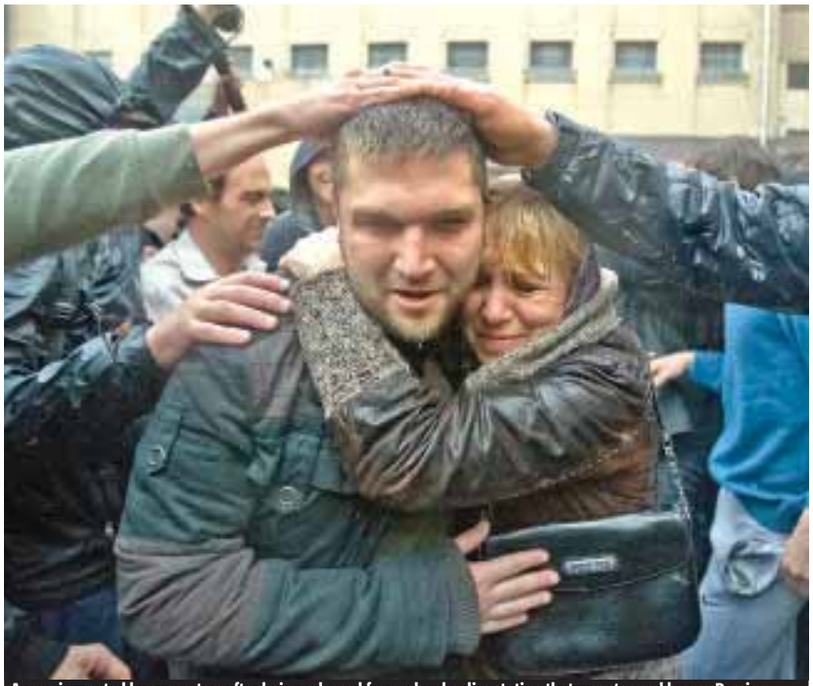
Concerns are mounting that Moscow ultimately aims to take control of a huge swath of southeastern Ukraine from Trans-Dniester to Russian-dominated industrial areas in the east. Russian President Vladimir Putin, who calls the area historically Russian lands, has said he doesn't want to send in troops but will if necessary to protect his country's interests.

The Interior Ministry said 67 activists had been released on prosecutors' orders. Prosecutors, however, later said they had nothing to do with the release and accused the police of failing to carry out their duties.

Putin spoke by telephone Sunday night with German Chancellor Angela Merkel, the latest in a series of discussions they have had about Ukraine.

The Kremlin said they agreed on the importance of the role to be played by the Organization for Security and Co-operation in Europe, and said Swiss President Didier Burkhalter, whose country currently chairs the OSCE, would visit Moscow on Wednesday.

THE ASSOCIATED PRESS



A man is greeted by supporters after being released from a local police station that was stormed by pro-Russian protesters in Odesa, Ukraine, on Sunday. VADIM GHIRDA/THE ASSOCIATED PRESS

Canada-Russia relations

Canada imposing sanctions

Ottawa says it is imposing economic sanctions on 16 more Russian "entities" over that country's actions in Ukraine.

Prime Minister Stephen Harper issued a statement Sunday saying Russia's "illegal occupation of Ukraine and provocative military activity" remain a serious concern.

Harper says the latest measures should increase the economic pressure on Russia and "those responsible for the crisis in Ukraine."

In the last couple of months, the Harper government has imposed a number of political and economic sanctions against senior officials and some institutions in Russia and Ukraine.

Canada has also said it will send six CF-18 fighter-bombers to join a NATO air police mission.

THE CANADIAN PRESS

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Nine acrobats seriously injured in aerial stunt

Rhode Island.
Eight performers hanging by hair fall 12 metres, dancer below injured as well

A platform collapsed during an aerial hair-hanging stunt at a circus performance Sunday, sending eight acrobats plummeting to the ground. Nine performers were seriously injured in the fall, including a dancer on the ground below, while an unknown number of others suffered minor injuries.

The accident was reported to police at about 11:45 a.m., 45 minutes into the Ringling Brothers and Barnum and Bailey Circus' Legends show at the Dunkin' Donuts Center in Providence.

In a cellphone photo provided by Tara Griggs, emergency workers tend to injured performers. TARA GRIGGS/THE ASSOCIATED PRESS

Stephen Payne, a spokesman for Feld Entertainment, the parent company of Ringling Bros., said the accident happened during an act in which eight performers hang "like a human chandelier" using their hair.

He said the metal-frame apparatus from which the performers were hanging came free from the metal truss it was connected to. The eight women fell up to 12 metres, landing on a dancer on the ground.

All the performers have been doing "some variation of this act for some time," Payne said, though he didn't know how long. The current incarnation of the act began in January with the launch of the show, he said.

Providence Public Safety Commissioner Steven Pare said officials and inspectors haven't yet determined what caused the accident. He said none of the injuries appear to be life-threatening.

THE ASSOCIATED PRESS

Thousands gather for Sao Paulo Gay Pride Parade

Participants carry a rainbow flag as people march during the annual Gay Pride Parade in Sao Paulo, Brazil, Sunday. Gay rights advocates are calling for a Brazilian law against discrimination as they gather by the hundreds of thousands in Sao Paulo for one of the world's largest gay pride parades. ANDRE PENNER/THE ASSOCIATED PRESS

First openly gay U.S. Episcopal bishop to divorce husband

The first openly gay Episcopal bishop, who became a symbol for gay rights far beyond the church while deeply dividing the world's Anglicans, plans to divorce his husband.

Bishop Gene Robinson has never been fully accepted within the more than 70 million-member Anglican Communion.

Robinson announced the end of his marriage to Mark Andrew in an email sent to the Diocese of New Hampshire, where he served for nine years before retiring in 2012. Robinson did not disclose details about the end of their 25-year relationship, but wrote Sunday in The Daily Beast he owed a debt to Andrew "for standing by me through the challenges of the last decade."

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B.C. church finds the force is strong

May the fourth be with you. Vancouver church holds Star Wars-themed service

Brandon Young, 10, sings a hymn at St. Andrew's-Wesley Church in Vancouver on Sunday.
DARRYL DYCK/THE CANADIAN PRESS

Amongst a crowd of regular churchgoers, a handful of Jedis, Sith lords and even an Ewok gathered at St. Andrew's-Wesley United Church in Vancouver to praise the Gospel of Luke — Luke Skywalker, that is.

The church organ and choir swapped their usual repertoire for the movie themes of film soundtrack composer John Williams while Rev. Kathryn Ransdell exchanged her ceremonial garb for Princess Leia's royal getup.

No, it wasn't an Imperial invasion — it was part of May the Fourth, or Star Wars Day celebrations.

For many churchgoers, it was a way to merge a historical tale of good and evil with a Hollywood blockbuster. Ransdell made comparisons between biblical tales and the Star Wars movies.

"The battle between good and evil exists everywhere — not just in a church," said Lorraine Graves, whose son's idea to celebrate May the Fourth sparked the Mass's theme. "The real world is what the lessons are about whether we're learning from stories in the Bible or stories in a movie."

For Hans Haest, an usher clad in Jedi regalia, goodwill is his light saber.

"The idea is that we're supposed to be good warriors fighting evil in the community," said Haest. "And we don't do that by physically fighting with people, we do that by reaching out to the community in charity."

The first reference to Star Wars Day was on May 4, 1979, about two years after the first movie had been released, when Margaret Thatcher was elected prime minister of Britain.

The London Evening News printed a half-page ad reading "May The Fourth Be With You, Maggie. Congratulations," a play on the movie's popular mantra, "May the force be with you."

Since Disney bought Lucasfilm in 2012, plans have been made to shoot three more movies. The next Star Wars feature is slated for release in December 2015. THE CANADIAN PRESS

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About 2,000 including cops show up for #mansionparty

Totalling the damage. Eight windows broken, staircase railing ripped loose, holes punched in drywall, partygoers arrested after allegedly assaulting police

Police were called to 3 Stanley Carberry Cres. in Brampton, a suburb of Toronto, early Saturday to close down a massive party at a huge mansion under construction that saw around 2,000 people show up. Booze and beer bottles are strewn all over the property and windows broken all over the home. COLIN MCCONNELL/TORSTAR NEWS SERVICE

The next time Canice Ejoh hosts a party at his mother's house, he might want to make it invitation-only.

What was apparently intended as a big, but controllable, gathering in their spacious Brampton home near Toronto Friday night exploded thanks to online word-of-mouth, which turned it into a mini-rave that brought 2,000 unexpected visitors — including Peel police — and, for some, a spiral into house-wrecking and lawlessness.

"The whole mansion was jam-packed, over hundreds of people outside waiting in a line to get in," said Emmanuel Isaac, the DJ at the party. "(There were) people doing drugs inside, nowhere to move. People were legless drunk getting carried outside. It was a disaster, but a great party."

Damage to the house, which is under construction, was "substantial," according to Peel Const. Tom Ruttan. Some reports pegged the damage at $70,000.

The party was heavily touted on Twitter, with the hashtag #mansionparty spreading the word throughout Friday. Checks with party-goers and on Twitter confirmed the party was started by Canice Ejoh, a 17-year-old local baseball prospect.

Alistair Colville, 17, a friend of Ejoh's, said the party started out normally, but got out of hand rather quickly.

Police say Ejoh had his mother's permission for the party, but Colville noted only "around 200 to 300 people were kind of expected."

TORSTAR NEWS SERVICE

Iran

Two Spaniards caught with live alligator: Reports

Iran's official news agency is reporting that authorities have detained two Spaniards for alleged illegal hunting after they were found with a captured alligator.

The Sunday report by IRNA quotes Gholamhossein Kazemi, head of the environment department of southwestern Ilam province, as saying the two were detained during a midnight ambush.

Kazemi said both were handed to judicial authorities since they were trespassing in an area that bans hunting and had captured a live alligator. He did not identify them.

Their detention marks the first time Westerners have been held in Iran since moderate President Hassan Rouhani came to power in August. In the past, Iran repeatedly has detained Westerners on suspicion of being spies.

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Young blood ups vitality in mice

Older mice got stronger, exercised longer and performed better mentally after they were injected with blood from young mice, or even just with a substance that's more abundant in younger blood, U.S. researchers found.

Someday, if more research goes well, this may lead to a way to treat some infirmities of old age in people. In the meantime, scientists have a warning.

"Don't try this at home," said Saul Villeda of the University of California, San Francisco, an author of one of three papers published online Sunday by the journals Nature Medicine and Science.

He worked with mice that were roughly the equivalent of people in their 20s and 60s. Researchers repeatedly injected the older mice with blood from either the younger animals or other aged mice. Those that got the young blood did better in learning and memory tests than mice given the older blood. For example, they performed better at recalling where to find a submerged platform in a maze.

Villeda said the researchers are trying to figure out what's in the young blood that made the difference.

The two other papers, from Harvard University, focused on a substance that is more abundant in the blood of younger mice than old. That protein, called GDF11, is also found in human blood and its concentration also appears to decline with age, said Amy Wagers, an author on both papers.

On average, aging mice injected with it showed greater strength and more endurance on a treadmill than untreated mice. THE ASSOCIATED PRESS

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Commemorating Battle of the

A member of the Canadian military plays the Last Post during the Battle of Ottawa on Sunday. Veterans, current service men and women, politicians longest battle of the Second World War. The Battle of the SS Athenia was sunk by a German submarine west of Ireland, killing 188

Unsung CRA site

Heartbleed.
Self-described cybersecurity nut was the first to notice the CRA website's vulnerability

SAM SMITH
For Metro in Vancouver

You know that tax-deadline extension that finishes May 5 at midnight? You've got Justin Bull to thank for that.

The 23-year-old, Toronto-based self-described cybersecurity nut was the first to notice "Heartbleed" affecting the Canadian Revenue Agency (CRA), beating out their own cybersecurity officers and potentially saving even more taxpayers from harm.

Bull's foresight and technical mind resulted in the five-day tax-deadline extension to May 5 at midnight, as well as the findings that 900 taxpayers' information was compromised.

"I subscribe to a security mailing list, and on Monday, April 7 a bulletin was published about the massive Heartbleed problem," Bull said. "On Monday it was theoretical, but by Tuesday at 9 a.m. I got a followup post that read, 'We are screwed.' It showed how the theoretical problem was now a practical one."

Bull, who runs several computer servers himself, began to check on them and see if they were vulnerable. They were.

Quoted

"I was making calls, emailing and I even resorted to tweeting at them about this vulnerability."

Justin Bull, on his discovery that the CRA website was vulnerable to the Heartbleed bug

Atlantic's lost ships

the Atlantic memorial ceremonies at the Eternal Flame on Parliament Hill in and dignitaries gathered to commemorate the 71st anniversary of the single Atlantic began on Sept. 3, 1939, when the Montreal-bound passenger ship people, including four Canadians. FRED CHARTRAND/THE CANADIAN PRESS

hero of scare

Justin Bull CONTRIBUTED

"I started freaking out and so I checked my bank to see if it was a problem there, but it wasn't," he said. "But it got me thinking about other potentially vulnerable websites, and then it dawned on me that it's tax season, and so I checked it out."

After some testing Bull confirmed his worst fears — the CRA was exposed to Heartbleed.

"At this point every hour counts," he said. "I was making calls, emailing and I even resorted to tweeting at them about this vulnerability."

Within a few hours the CRA had shut down its electronic services, and soon after the tax deadline extension was released.

A good thing, too, as Bull used the deadline to get his taxes in on time for the first time in years.

"I've had friends buy me a couple beers because of the extension as well," Bull said.

While Canadians across the country have Bull to thank for the reprieve, he is still unsettled by the scare.

"What's worrisome is (the hacker) found a way to potentially purge (the 900 accounts affected) from the system, which suggests to me he got in through an administrator account."

The response from the CRA has been less than comforting, Bull noted, as those compromised were only notified through mail, which takes much longer than a phone call, and left people unknowingly exposed for longer than needed.

Public school system

'Diversity gap' between U.S. teachers, students

U.S. teachers are nowhere near as diverse as their students. Almost half the students attending public schools are minorities, yet fewer than 1 in 5 of their teachers is non-white.

New studies from the Center for American Progress and the National Education Association are calling attention to this "diversity gap" at elementary and secondary schools in the United States.

According to a 2012 study by the National Center for Education Statistics, of the nearly 3.3 million teachers in U.S. public elementary and secondary schools, 82 per cent were white, eight per cent were Hispanic, seven per cent were black and two per cent were Asian.

THE ASSOCIATED PRESS

Court ruling

Expat Canucks win back right to vote

More than one million Canadians living abroad are now eligible to cast ballots in the next federal election after a court struck down a law stripping them of their voting rights.

While mass murderers have the right to vote, long-term expats "who care deeply about Canada" do not have the right, Ontario Superior Court Justice Michael Penny said in his decision.

Penny found part of the Canada Elections Act, which bars expatriates who have lived abroad for more than five years from voting, is unconstitutional. Citizenship, he noted, is a fundamental requirement for voting, not residency.

The judge rejected the government's request to put his decision on hold for 12 months. THE CANADIAN PRESS

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Feeling like a twit for falling for Twitter?

HOW TO ROLL
Alison Griffiths
metronews.ca

If you're looking for stock market love, be aware that those social media affairs can be mighty fickle. Take Twitter. Mere months ago, the IPO (initial public offering) that launched Twitter onto the big board at the New York Stock Exchange was everyone's darling. Now, its shares are as appealing as a warm glass of champagne the morning after the night before.

What happened? To understand what is going on with Twitter, it's important to know a bit about listed companies.

There are basically three kinds of stocks: momentum, growth and value. Of course, there are a multitude of nuances within those very broad categories, but essentially most stocks fall within one of those designations.

Momentum stocks don't need anything more than a good story. Investors interested in momentum will jump on a stock like a surfer on a wave. But unlike surfers, they also jump off at the slightest hint the wave is cresting.

Growth stocks require not only booming revenues, but also earnings that are projected to leapfrog ahead of the pack. Some companies have tons of cash and grow by acquiring other companies. Others have unique products or services that are in high demand. Growth investors will watch for any sign that revenues and earnings are declining.

Value stocks such as Canadian banks and utilities tend to be the Steady Eddy of the stock market world. Those who are looking for lower risk, regular dividends and the promise of gradual stock price increase over time orient themselves to these kinds of companies.

Now to Twitter. It began as a momentum stock. Unlike many in that category, it progressed to growth stock status with real revenues, earnings and, most importantly, a quickly rising user base. Without the latter, there is no growth and no increase in income.

Herein lies the problem. Twitter just announced that the pace of new Twitter users has decreased from 30 to 25 per cent on an annualized basis. No one expects Twitter to graduate to a value stock any time soon. So, without a momentum story and with the first indication of slowing growth, investors are taking their money elsewhere.

See that symbol? It means you can scan the photograph below with your Metro News app to see a photo gallery of what a luxury airline suite will look like.

Bed, bath and beyond for $21,000 ... one way

Talk about some serious legroom. Gulf carrier Etihad Airways laid out plans Sunday to offer passengers miniature suites featuring a bedroom, private bathroom and dedicated butler. Etihad already woos fliers with perks including private first-class chefs and in-flight nannies. The 125-square-foot suite will likely cost three to four times as much as regular first-class seats, or about $21,000 US from Abu Dhabi to London — one way. THE ASSOCIATED PRESS

Coca-Cola is taking brominated vegetable oil out of some Powerade drinks. THE ASSOCIATED PRESS FILE

Powerade now minus the brominated vegetable oil

A controversial ingredient is being removed from some Powerade sports drinks in the U.S., after the chemical was also taken out of rival Gatorade last year.

The ingredient, brominated vegetable oil, had been the target of a petition by a Mississippi teenager, who questioned why it was being used in a drink marketed toward health-conscious athletes. The petition on Change.org noted that the ingredient is linked to a flame retardant and is not approved for use in Japan or the European Union.

PepsiCo said last year it would drop the ingredient from Gatorade. At the time, Coca-Cola declined to say whether it would remove the ingredient from the two flavours of Powerade that contain it as well. THE ASSOCIATED PRESS

Fibre-optic networks

Phone and cable companies duke it out for customers

Armed with fast fibre-optic networks that can now reach millions of homes across the country, Canada's telephone companies have turned the tables on the cable companies.

They're reversing a trend that emerged about a decade ago when the big cable companies made a major push into residential phone service, taking a piece of what was once the telcos' sole domain.

Now the phone companies are fighting back as they replace more of their copper-wire infrastructure with high-speed fibre optics that deliver TV service comparable to what the cable guys can offer. THE CANADIAN PRESS

As BlackBerry fades

K-W aims to be Silicon Valley North

City officials in Kitchener and Waterloo want to be the next Silicon Valley.

The bustling stretch between sunny San Francisco and San Jose — home to giants like Google and Apple — has become the template for a new vision of Ontario's technology sector, which is redefining itself in the wake of BlackBerry's massive layoffs. THE CANADIAN PRESS

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PAYING BOMBERS' FARE MORE THAN FAIR

URBAN COMPASS

Colin Fast
winnipeg@metronews.ca

Bombers fans do pay their own way — and then some.

A proposal to give the Bombers a big discount on transit services is definitely a sweetheart deal — for the taxpayer.

Wait, what? But isn't this another government handout to a team that just had a stadium built for it with public money?

Nope. Because this isn't about subsidizing a football team, it's about subsidizing transit. And that's something we do all the time in Winnipeg.

In fact, every single transit ride — to work, school, shopping, wherever — is subsidized to some extent. The amount of the subsidy varies depending on the route or time of day, but overall, the city and province cover half the operating costs of transit.

So in simple terms, you could say the public pays for half of every bus ride. You plug $5.10 into the fare box for a return trip, and the mayor and premier are right behind you with their $5.10.

That's why the Bombers' proposal to pay the city $6 per rider — instead of the $11 it got hosed with last year — for a combination of regular transit and park-and-ride locations is a good deal for the public. The team would actually be paying more per ride than a typical Winnipeg Transit customer, and the corresponding subsidy from government would be smaller.

Alternatively, the Bombers could just cut ticket and beer prices by a few bucks and tell fans they should find their own way to the stadium. Anyone want to guess how that would turn out?

Probably a lot like the first exhibition game held at IG Field last June. The transit plan wasn't fully developed at that point, and there was chaos on the streets. Fans and stadium employees were late to the game, access to emergency services was compromised, and local residents were pissed.

While it went through growing pains, the final game-day transit plan worked well. It attracted about 10,000 users per game, and substantially reduced gridlock around the stadium.

It also served as a marketing tool for transit services. People who hadn't been on a bus in years had a chance to see the new fleet of low-floor vehicles (some with air conditioning) and use the transitway. This year they might get to ride an electric bus, or one of the new articulated models.

"We've completely changed the way that some people look at transit in this city," says Bombers spokesperson Kim Babij-Gesell. And she's right. Who know how many fans have become regular transit riders as a result.

It's easy to dump on any more financial support going to the Bombers, but this is actually an investment in providing good transit service and effective traffic management. That is the city's responsibility.

And if we're truly concerned about cutting massive transit subsidies, then maybe we should start with some of those nearly empty buses circling through distant suburbs and industrial parks, not the ones that are full with Bomber fans paying more than their fair share.

ZOOM

Sea stars vanish into the sea

Scientists are making progress trying to figure out what is causing the mass die-off of sea stars along the entire west coast of North America. Sea Star Wasting Syndrome has decimated the creatures from Alaska to Mexico, wiping out some colonies off the coast of British Columbia. HANDOUT

Scientists narrow in on Sea Star Wasting Syndrome

Scientists are making some headway in figuring out what is killing millions of sea stars in the waters off the Pacific coast, from British Columbia to Mexico.

While a definitive answer eludes them, researchers suggest a pathogen — either bacterial or viral — is responsible for the death toll.

Populations of several different species have been wiped. THE CANADIAN PRESS

Disintegration

The disease was first noticed last summer, among sunflower sea stars near Vancouver and Seattle. Within weeks, whole colonies had dissolved into the sea. White lesions appear on the arms of the sea stars. Very quickly, they begin to deteriorate until their arms fall off. Eventually, there's nothing left but "goo."

Just gathering specimens for testing was a challenge because the creatures disintegrated so quickly. THE CANADIAN PRESS

High toll

- Sunflower sea stars were the first found disintegrating on the ocean floor, but the disease has not been discerning. Morning sun, mottled, giant pink, and purple stars have suffered the highest mortality.
- In the pockets where the syndrome takes hold, mortality is upwards of 95 per cent.

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Worth mentioning. In dry times, California city mulls restarting its old desalination plant to suck up seawater

The seaside city of Santa Barbara thought it had the perfect solution the last time California withered in a severe drought more than two decades ago: Tap the ocean to turn salty seawater to fresh water.

The $34-million desalination plant was fired up for only three months and mothballed after a miracle soaking of rain.

As the state again grapples with historic dryness, the city nicknamed the "American Riviera" has its eye on restarting the idled facility to hedge against current and future droughts.

Joshua Haggmark, interim resources manager for Santa Barbara, Calif., stands next to a desalination plant. ALICIA CHANG/THE ASSOCIATED PRESS

"We were so close to running out of water during the last drought. It was frightening," said Joshua Haggmark, interim water resources manager. "Desalination wasn't a crazy idea back then."

Removing salt from ocean water is not a far-out idea, but it's no quick drought-relief option. It takes years of planning and overcoming red tape to launch a project.

Santa Barbara is uniquely positioned with a desalination plant in storage. But getting it humming again won't be as simple as flipping a switch.

After the plant was powered down in 1992, the city sold off parts to a Saudi Arabia company. The guts remain as a time capsule — a white elephant of sorts — walled off behind a gate near the Funk Zone, a corridor of art galleries, wineries and eateries tucked between the Pacific and U.S. 101.

The city estimates that it will need $20 million in technological upgrades, a cost likely to be borne by ratepayers. THE ASSOCIATED PRESS

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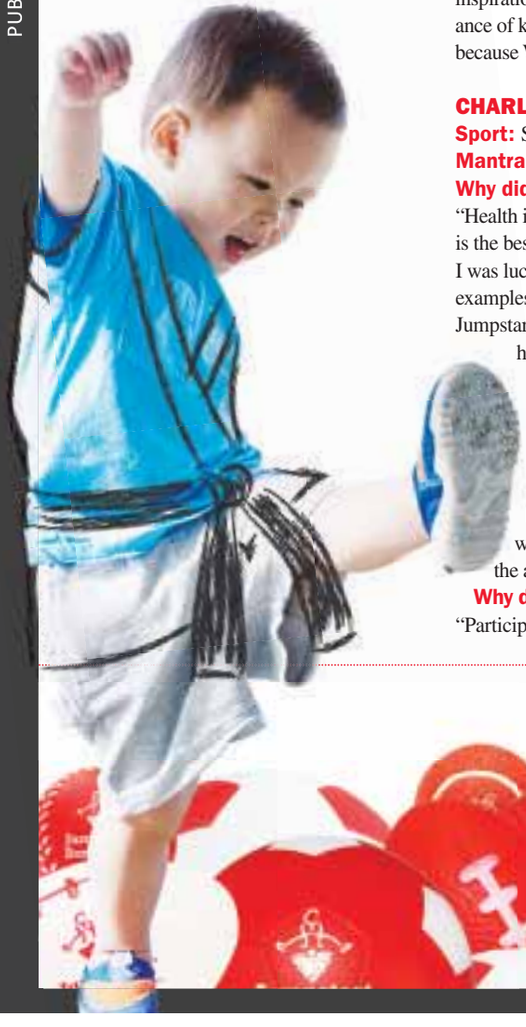
ATHLETES CHAMPION THE POWER OF PLAY

At Canadian Tire Jumpstart, we believe that all kids deserve the chance to play, and our athlete ambassadors do too. They know what it means to work hard, to dedicate time and resources, and to be given a chance to participate. One in three Canadian kids are not given this chance. Financial barriers such as registration, equipment and transportation fees keep many kids from getting in the game.

That's why Jumpstart, a national charity dedicated to helping kids from financially disadvantaged families participate in organized sports and physical activity programs, is working to close this gap. Equipping kids for life through sports does more than improve health and well-being; it helps them develop a sense of belonging to the community, lifelong friendships, life skills such as confidence and teamwork, and the inspiration to excel on and off the field.

Across Canada, Jumpstart has a network of athlete ambassadors who share and support this vision. They embody the best values of sport, and recognize the impact it can have on shaping Canada's future through younger generations. These athletes have been our mentors, our role models and our inspiration, and they recognize the importance of keeping all children and youth active because We 'Can' All Play for Canada.



CHARLES HAMELIN

Sport: Speed skating
Mantra: Have fun doing it and play fair.
Why did you partner with Jumpstart?
"Health is really important for kids and sport is the best way to get healthy and active. I was lucky that my parents were good examples for me in sport when I was young. Jumpstart is there to make sure that all kids have opportunity to get involved in sport and at the same time make Canada's future healthier."

MAËLLE RICKER

Sport: Snowboard cross
Mantra: If plan A doesn't work, there are 25 other letters in the alphabet.
Why did you partner with Jumpstart?
"Participating in sport growing up impacted my life in many positive ways on and off the mountain, and Jumpstart is an amazing charity that helps children get those amazing sporting opportunities as well."

ROSIE MACLENNAN

Sport: Trampoline
Mantra: As long as I breathe.
Why did you partner with Jumpstart?
"I was brought up in a very active family and participating in sport was always a way for my siblings and me to connect to each other but also to new friends. It was a way for us to learn and find something that we were really passionate about. It also let us face challenges and overcome them. I think it is so important for kids to get involved in sport, but there is not always a way, and Jumpstart is changing that."

BENOÎT HUOT

Sport: Paralympic swimming
Mantra: Never give up on your dreams and make every day count.
Why did you partner with Jumpstart?
In August of 2013, Benoît became Jumpstart's newest ambassador and has been working with Jumpstart from his home province of Quebec to help increase access to sport for athletes at all levels. He is the perfect example of a professional athlete who breaks down barriers.

JONATHAN TOEWS

Sport: Hockey
Why did you partner with Jumpstart?
"If kids don't have the same chances I did as a kid, they don't quite have the same chance to accomplish their dreams. "Maybe they have dreams of being a professional someday or they just want to have fun, make friends and learn what it takes to be on a team."

It's always easier to pursue your dreams when you have help, and these athletes know it's easier to succeed when you have the support of your parents, friends, neighbours, teachers, coaches and community. Thanks to our network of supporters, Jumpstart is part of every community in Canada.

Since 2005, Jumpstart has helped more than 700,000 kids (and counting) get off the sidelines and into the game. To apply for funding, donate, or learn more about Jumpstart and the impact we're making in your community, please visit canadiantire.ca/jumpstart.

MARK MCMORRIS

Sport: Snowboard
Mantra: Give'r!
Why did you partner with Jumpstart?
"I have been participating in sports since I can remember and Jumpstart gives kids the opportunity to participate in sport. Charities like Jumpstart hit home for me. I'm glad to stand behind something that is doing the right thing for kids in Canada."

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GIVING KIDS A SPORTING CHANCE

One in three Canadian families can't afford to enrol their kids in organized sport and recreation, which means many kids are missing out on the chance to develop the confidence, social skills and discipline that come with organized play. Canadian Tire Jumpstart Charities is working to close this gap, and to date, has been able to help more than 720,000 kids get in the game. However, this wouldn't be possible without the generous support from donors such as the DeThomasis family, who donated funds from the late Riccardo DeThomasis' trust account.

In 2010 Riccardo DeThomasis, a local Winnipeg soccer coach, was diagnosed with a rare Fibrosarcoma cancer. After undergoing many unsuccessful forms of treatment, including chemotherapy, radiation and surgery, doctors advised the family that no further options were available in Canada. In attempts to help Riccardo seek medical treatments in the United States, donations were made and set up in a trust account. Some of the funds collected were used to pay for treatment reviews at Memorial Sloan Kettering Cancer Center in New York City.

In early 2013 Riccardo became too ill to travel to the United States and was unable to take full advantage of all the funds collected. On April 25, 2013, Riccardo lost his battle to cancer.

Before he passed away, Riccardo requested that any unused funds be redirected to give kids from financially disadvantaged families the opportunity to play soccer in their local communities. He wanted others to be able to share the same passion he had for the sport.

In respecting Riccardo's wishes, the DeThomasis family recently donated the remaining $30,950 from Riccardo's treatment fund to Canadian Tire Jumpstart Charities.

"The goal of the donation is to assist local families experiencing financial difficulty by helping to remove financial barriers that are keeping their kids from playing soccer," the DeThomasis family said. "By donating to Jumpstart, we can help more kids in Manitoba play soccer by covering the costs associated with registration, equipment and/or transportation fees. The support will open up opportunities they otherwise would not have."

Riccardo's lifelong passion was soccer. He was an elite soccer player who devoted his life to coaching child, youth and adult soccer. He owned and operated the Winnipeg Indoor Mini Soccer League for 17 years.

On behalf of Riccardo and the DeThomasis family, we would like to extend our sincere gratitude to all who donated, for their great generosity and support. They not only helped Riccardo with this battle, but will now also go a long way in making one of his wishes come true.

On behalf of Canadian Tire Jumpstart and the DeThomasis family, we wish to especially recognize those that made larger monetary donations. Special thanks to the following donors:

You can help local kids in Manitoba get in the game by supporting the Jumpstart Red Ball campaign. Throughout May, head into your local Canadian Tire, Mark's, Sport Chek, Atmosphere, National Sports, Sports Experts or Gas+ location and donate $2 in exchange for your own Jumpstart Red Ball. The ball represents the gift of play you are giving to a deserving child. One hundred per cent of your donation helps kids in your community. To learn more about how Jumpstart is making an impact in your community or to make a donation, visit canadiantire.ca/jumpstart.

On behalf of Canadian Tire Jumpstart and the DeThomasis family, we wish to especially recognize those that made larger monetary donations. Special thanks to the following donors:

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@RealKrisAbel
scene@metronews.ca

Where have all the movie moms gone? This rich, engaging exploration mourns their recent fading from modern screens by reminding us of their past diversity as protectors, peacekeepers, martyrs, matriarchs, victims, and scene-chewing villainesses. Large photo galleries and side essays from Debbie Reynolds, Carrie Fisher, and Tippi Hedren help remind us all that we're missing out.

Box office

Spider-Man nets $92 million

The Amazing Spider-Man 2 debuted with $92 million at the box office over the weekend, according to studio estimates Sunday. It was a solid opening for Sony's Columbia Pictures, which has released five movies about Marvel's web-slinging superhero in the last 14 years. Last week's No. 1 film, the female revenge comedy The Other Woman, slid to second with $14 million. THE ASSOCIATED PRESS

What's it like being chased by fan girls?

Neighbors. Dave Franco — younger brother to James — dodges some screaming fans to sit down with Metro

NED EHRBAR
Metro World News in Hollywood

Dave Franco stars in Neighbors, which opens this Friday. CONTRIBUTED

This must be what being a Beatle felt like. In one of the more interesting interview scenarios I've encountered, the reps for Neighbors tossed Dave Franco and myself in the back of an SUV to circle the neighbourhood around their makeshift frat house at SXSW so that we could talk in peace. See, the screaming girls who'd been following Franco and co-star Zac Efron around had found the house. So into the SUV we went to talk fraternities, hazing and homoeroticism.

Animal House aside, you don't normally see frat guys depicted in a positive light.
What I love about this movie is you get to choose sides, and there's not a clear villain or hero. At the beginning of the movie, my character is ... a little similar to parts I've played in the past in terms of being a little more villainous and kind of douchey. And then as the movie progresses, you get to see me interacting with my frat brothers more, and you get to see the human side, some vulnerability and that this guy is a good person, deep down. And I give [director Nick] Stoller credit for making these well-rounded characters and for making it something where the audience is going to probably flip-flop in terms of who they're rooting for.

You were never in a frat, right?
I wasn't, but I went to USC, where the Greek system is huge. I had friends who were in fraternities so I'd go to their parties, but it would always be awkward for me because my friends would invite me, but then the rest of the fraternity brothers who didn't really know me always questioned why I was there, because the rest of them went through this crazy pledge semester and Hell Week, and I didn't earn that. But I did experience to some degree similar party atmospheres to those you see in the movie. For example, I remember at USC there were parties where they filled the entire house with foam, and you'd find people by the end of the night naked running around in the foam. I mean, it's disgusting. It's one of those things where I look back and I can't believe that I participated in any of it, but at the time it was incredible.

There are screaming fans everywhere here. In fact, we're doing this interview in the back of an SUV to avoid them. How do you get used to this?
To be honest, it's nice because Zac takes a lot of the attention (laughs). Whenever I'm travelling around with him, I'll let him take the lead and kind of distract everyone, and then I'll run out the back door. Like, no pun intended.

See that symbol? It means you can scan the photograph below with your Metro News app to see behind the scenes of Neighbors.

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Ben Affleck

Ben Affleck caught cheating ... at blackjack

The Hard Rock Casino in Las Vegas caught Ben Affleck counting cards over the weekend and banned him from the game for life.

According to the Hollywood Reporter, the Argo actor (and future Batman) was in town with wife Jennifer Garner when he was approached by security for winning a little too often.

Nobody lost their cool, though. The hotel invited him to play a few other games and then ordered a car for him. Technically, counting cards isn't illegal. Casinos just don't appreciate it very much.

The Reporter also mentioned that Affleck won a reported $800,000 US in 2001 playing the same game at the same casino.

METRO WORLD NEWS

Kerry Washington

It's a girl for Kerry Washington

Kerry Washington and retired NFL player Nnamdi Asomugha are officially parents.

A birth certificate shows the couple's daughter Isabelle Amarachi Asomugha was born around 5 p.m. on April 21 in Los Angeles. The parents haven't announced the baby publicly. Washington's publicist Amanda Silverman said no statement was available.

Washington is the Emmy-nominated star of the ABC series Scandal. The show's third season was cut short after the 37-year-old actress became pregnant.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

How many new Coldplay songs will it take to mend a broken heart?

STARGAZING
Malene Arpe
scene@metronews.ca

Chris Martin says he's largely to blame for his recent "conscious uncoupling" from Gwyneth Paltrow. In that he really wanted to get away from her.

Rumours persist that Gordon Ramsay recently got a second hair transplant. Says a rep for Ramsay, "Shut your bleeping bleep, you bleeping liar."

Chrissy Teigen says that she and husband John Legend recently had mile-high sex under a blanket in first class and that they should "get a trophy for that." Appropriate responses to this unsolicited information include: 1) Eww. 2) Blerg. 3) First-class cooties, amirite? 4) Gross. 5) Still not as bad as the four snotty toddlers screaming non-stop on my last nine-hour flight.

Rumours persist that Rihanna and Katy Perry were observed dancing very, very close. Says a rep for the two, "Shut your titillating tantalizer, you fantasizing liar."

Johnny Weir

Fashion-forward Johnny Weir picks the winning horse

The Pegasus-themed hat Johnny Weir wore to the Kentucky Derby practically shut down the Internet on Saturday.

Weir, who was there as a fashion correspondent for NBC along with skater Tara Lipinksi, described his hat as "clean, pure, fun, feathers, and that's what the Derby's about, fashion-wise."

Lipinski's favourite aspect of the Kerin Rose Gold-designed hat? "The golden hoof," she noted. "It is sparkling."

Weir is currently going through a bitter divorce with his husband of two years, Victor Voronov, a Georgetown Law grad. The divorce drama has apparently caused the Olympian to drop out of the upcoming season of Celebrity Apprentice. In the ongoing divorce hearings, Voronov has claimed that Weir is worth $10 million, though Weir has refuted that. METRO WORLD NEWS

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LIFE 3

Five more reasons we often find ourselves in Debt Hell

Debt's a losing game.
And you have to be prepared for those times in life when you may be dealt a bad hand

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Last week I talked about five ways people end up going into debt. From not being prepared with an emergency fund to not putting the effort into managing money responsibly, there are plenty of ways to get into debt. Here are yet five more ways people dig themselves a debt hole, often without ever thinking about what they're doing wrong.

Expenses go up, but spending doesn't go down

There are the people who buy a home and think they can still eat out six nights a week. Then there are the people who have kids and still think they can spend $600 on a handbag. Or how about the people who start their own businesses and still think a vacation every year is their right?

Whenever you make a move that sends your expenses up, but don't cut back on your discretionary spending, you're stepping on the road to Debt Hell.

Gambling can put you on a slippery slope toward financial disaster. ISTOCK

We don't talk about money

How can you have an intimate relationship with a partner and then refuse to talk about your money? All the time I hear people say things like:

- "That's his money. He earned it."
- "She makes more than me, so I don't have the right to ask questions."
- "I try to make a budget, but he just won't have anything to do with it."
- "He has no self-control. We just fight about money all the time."
- "She keeps the stuff she buys a secret. I find things with the tags still on them."

If you love each other enough to make a life commitment, why aren't you willing to talk about managing your money as a team? Perhaps it's because one or both of you don't want to be accountable. Or maybe your self esteem is bruised because your partner makes more and throws his or her weight around.

Choices, choices, choices

Going into debt is sometimes a choice. We make the choice when we buy something we can't afford to pay for, every time we don't bother to check to see if we have enough money in the bank to get to the end of the month and every time we waste $5.

Divorce

Two people cannot run separate households as cheaply as they can run one, so if you divorce, one or both of you will feel a lot poorer.

It's a sad reality that a huge percentage of households are torn apart emotionally and financially by divorce. Divorce is one of the reasons I think joint credit is a really, really bad idea. That means no joint credit cards. And if you must have a joint line of credit, it should take two signatures to access it. That way one person can't destroy the other financially with silly shenanigans.

Gambling

I can't believe the number of people who blow money on games of chance. From the lottery to the slots, from poker to the casinos, people are dumping millions and millions of dollars they could be using to build their own lives into the profits of those who run the Dream Machine.

Some people have such serious issues with gambling that they lose their homes. Gambling is not the answer to money problems; it is the route to more money problems. And while someone always wins when you gamble, the dice are loaded in favour of The House.

Banking on a windfall

Not unlike the gambler, the person who is banking on a windfall doesn't want to have to work as hard as it would take to get the life they want. Count all the people who aren't saving for their retirement in this group. Ditto the people who aren't putting money away for an emergency.

Like magic, money will fall into their laps and they will be able to right all their financial wrongs. Most people who benefit from a windfall end up in debt anyway because they never had the discipline and strategies for money management in the first place.

Sure you can forgo one leg of your financial plan because you're trying to make another stronger — giving up saving until your debt is repaid is the classic example. But don't fool yourself. Like a table with a weak leg, it'll only take a little pressure in the wrong place to make the whole thing fall down.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROAD MAP TO SUCCESS.

Got any wedding guest horror stories?

This author has more.
Jen Doll wants to save you from getting egg on your face at your friends' nuptials

Before you spend money on a dress you'll never wear again, before you scroll down a list of wedding registry gifts just looking for something in your price range — and most importantly, before you weed through your list of Facebook friends looking for someone hot enough you can ask to be your date without it being too weird — read these tips from Jen Doll, author of Save The Date.

She's been to more than her fair share of weddings, has seen it all and is here to save you from any wedding-guest mortification you are unknowingly setting yourself up for.

Don't make out with anyone related to the bride

"If you're single, you can flirt or make out with anyone you are attracted to who is also single ... as long as they aren't a relative of the bride," she says. Let Doll, who has seen her fair share of disastrous wedding hookups — and even had some of her own — save you from doing something you'll regret the next day. "The price of paying for it is too great with the awkwardness and potential apologies waiting to be made," she warns.

And that goes for the cater waiters too

Even if the hottest people at the reception at the ones keeping your wine glass full, Doll says it's best not to flirt with the wait staff. "They're there to serve you, so they have to be nice to you. It's a bit ungenerous to put them in that spot," she says. If it really seems like true love, Doll recommends exchanging digits and hanging out at a later date.

Don't do shots

The open bar isn't going to shut down, so there's no need to rush to the bar and start the day with tequila shots. When it comes to boozing it up at a wedding, take it slow. Doll has a whole section in her book devoted to the dangers of the open bar, so learn from her mistakes.

Don't bring a date just so you're not alone

There are definitely times when you should bring a date to a wedding, like when you're married or dating someone you like being around and who your friends like being around, too. But there are times when it's better to go solo, even when you'd rather not. "If you're going to be seeing a lot of old friends and it's like a reunion, it might be best to go alone," Doll explains. You don't want to be stuck explaining who every person you name-drop is to your date, who will probably be bored, anyway.

EMILY LAURENCE/METRO WORLD NEWS

Colour outside the light lunch lines: Seared Tuna with Mediterranean Salsa

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

Tuna and this Mediterranean salsa are the perfect pair.

The best way to have the most tender tuna is to sear the outside and leave the interior slightly pink.

If this is not your style, cook it for longer, being careful not to overcook, since the tuna will dry out. Or, if you prefer to cook a fish all the way through, try replacing the tuna with another firm fish such as tilapia, bassa, swordfish, halibut or cod.

When I buy fresh tuna for cooking, I like to use bluefin tuna, which has dark red flesh that I find to be the most flavourful. Be sure to always buy the fish from a reputable fish store for the freshest tuna possible.

Tuna is rich in high-quality protein and an excellent source of nutrients such as selenium, potassium, magnesium, and of course, omega-3 essential fatty acids, which are known to reduce the risk of heart disease and cancer.

The salsa can be made early in the day, but remove the seeds of the tomatoes.

This dish can be served right off the heat or at room temperature.

Ingredients

Salsa
- 1 cup diced plum tomatoes
- 1/3 cup diced sweet green peppers
- 1/4 cup diced green onions
- 3 tbsp chopped black olives
- 2 tbsp fresh lemon juice
- 1/3 cup crumbled reduced-fat feta cheese
- 2 tsp olive oil
- 1 tsp finely chopped garlic
- 1/2 tsp dried oregano

Tuna
- 6 tuna fillets (about 6 oz each)

Garnish
- 1/4 cup chopped fresh basil or parsley

This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

Nutritional information

Per serving

- **Calories.** 241
- **Carbohydrates.** 4.2 g
- **Fibre.** 1 g
- **Protein.** 36.8 g
- **Total fat.** 7.8 g
- **Saturated fat.** 2.1 g
- **Cholesterol.** 74 mg
- **Sodium.** 258 mg

Directions

1. To make the salsa: In a bowl, combine the tomatoes, peppers, onions, olives, lemon juice, feta, olive oil, garlic and oregano together.

2. Either on a barbecue or in a nonstick grill pan sprayed with cooking spray, sear tuna on both sides just until cooked to your preference. Place on a serving dish. Sprinkle with the basil and serve the salsa overtop.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

buy manitoba monday

This Mother's Day, why not spoil Mom with a delicious treat from Double D's Cheesecake?

With over 40 flavours of cheesecake and many other treats to choose from, there's something for every palate.

Double D's Cheesecake has been serving up their light and creamy cheesecakes for over 15 years. All of their goodies are made from scratch! The cheesecakes are whipped, not baked, to create their signature texture. Can't decide on just one flavour? Try the Mini cheesecakes, a Variety Pack (14 mouth-watering flavours in one incredible cake), or one of their unique novelties. Once you try their Cheesecake Sandwich or Cheesecake in a Cone, you will never go back to ice cream!

If you want to take mom out, Double D's Cheesecake and Coffee House on Meadowood Drive in St. Vital is very cozy and inviting. It's the perfect atmosphere to relax and enjoy a range of goodies, including a wonderful selection of cookies, muffins, cinnamon buns, or of course a cheesecake treat. Specialty coffees and smoothies are also available.

The featured cheesecake for Mother's Day is Cherry Jubilee. This delectable cake is made with Bing cherries and is only available in May, so make sure you don't miss out!

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SUMMER CAMPS

Monday, May 5, 2014

Spending time at an overnight camp can help solidify life-changing and decision-making processes for children. SHUTTERSTOCK

Attending an overnight camp in another community can cause a big change in children. SHUTTERSTOCK

Wake up to a brand new experience

ASTRID VAN DEN BROEK
For Metro

Is this your child's first year at sleepaway camp?

While it may be harder on you as a parent than your child, here is how to prepare them for their time away.

Know it helps them

The Canadian Summer Camp Research Project was recently completed out of the University of Waterloo, which was a three-stage process that interviewed camp directors, children and parents to determine what benefits came from attending overnight camps.

"What they and I have found is that although a day camp has some of the same benefits, being away overnight really emphasizes those benefits to the youth," said Gwen Dell'Anno, executive director of the Edmonton-based Alberta Camping Association. "It helps solidify some of those life-changing decision-making processes. Even if it's just one week away in a community that's separate from their own community, it really causes a big change in kids."

Start slow if you need to

Many sleepaway camps start at the age of eight years old.

"But some camps do a shorter overnight — so (try) a two-night, three-day one for younger kids to get them started," Dell'Anno said. "And some camps even do a family component where the family spends the weekend there. Often, if they are familiar with where they are going, it's not so scary to go away on their own."

Buddy up

"It's certainly easier on the kids if they go with a buddy," Dell'Anno said. "But I wouldn't say if you don't have a buddy don't go. Because sometimes when buddies are insisted on, they end up sick of each other by the end of the week."

FYI about the counsellor

Don't forget to reiterate to your camper that their counsellor will understand how scary going away to camp can be.

Tip from mom

- "To prep our daughter for her first week at overnight camp, we read the materials about the camp together and had her help get everything ready," said Dana Dougherty Reinke, an Oakville, Ont., mom of three children. "And we talked about how proud we were that she was going."

What to pack for overnight camps

Before you know it, your kids will be leaving for camp and you are bound to wonder what they need in their bags.

Here is a packing list from Care.com, the world's largest online destination for finding caregivers.

Camp essentials

- 8 pairs of shorts
- 3 pairs of pants
- 10 T-shirts/tank tops
- 2 long-sleeved T-shirts
- 14 pairs of socks
- 1 to 2 sweatshirts
- Rain coat
- 1 pair of sneakers
- Sandals (might need to be closed toe, check with the particular camp)
- Water shoes
- 2 to 3 swim suits
- 2 pool/beach cover-ups (optional)
- 2 to 3 sets of PJs — make sure one set has long sleeves and pants
- 16 pairs of underwear
- Twin sheets, comforter and extra wool blanket
- Sleeping bag (optional)
- Pillow and pillowcase
- 2 shower towels
- 2 beach/pool towels
- Toiletries (toothbrush, toothpaste, soap, shampoo, conditioner)
- Laundry bag
- Comb, brush, hair dryer, flat-iron, and any other hair products/accessories
- Clip-on electric fan (cabins have electric outlets for each camper)
- Flashlight with extra batteries
- Camera
- Bug spray
- Labelled water bottle
- Pre-addressed stamped envelopes
- Paper and extra stamps
- Pens and pencils
- Sunscreen
- 1 to 2 hats
- Sunglasses
- iPod (if allowed)
- Books
- Journal (with hand-written notes from mom and dad)
- Sudoku or word game work books
- Special sporting equipment (if it's a sports-focused camp and you want your own gear)
- Hiking boots (if hikes are part of the experience)
- Comfort items (stuffed animal, special blanket, etc.)

KATIE BUGBEE IS THE SENIOR MANAGING EDITOR AND RESIDENT GLOBAL PARENTING EXPERT OF CARE.COM.

Focus on your child's interests

ASTRID
VAN DEN BROEK
For Metro

There's baking camp. French camp. Soccer camp. Swim camp. How exactly can you pick what's right for your child?

Here's how to figure out where is the best place for your child to spend their sweet summer days.

Ask around

Ask neighbours and other parents for camp recommendations. "Often that's your best bet, to get a first-person recommendation from somebody," says Gwen Dell'Anno, executive director of the Edmonton-based Alberta Camping Association.

You may even want to ask at your child's school — some home and school associations collect recommendations and put out lists of suggested camps. Some teachers even run camps in the summertime.

Get your child involved

"Bring them into the discussion about the types of programs they may be interested in," says Derek Mitchell, president of the Halifax-based Camping Association of Nova Scotia & Prince Edward Island. Sounds obvious, but not all parents do it.

Look for accreditation

"As the executive director of the Alberta Camping Association, we have standards that all of our member camps follow regarding safety, training, risk management and more," Dell'Anno said. "And since every province has a camping association, I'd suggest looking for the one in your province to look through their member camps."

Consider their interests

"If they are interested in something — a lot of girls, for example, want to go to horse camp — then you can pick, more specifically, a camp where they'll spend a lot of time with horses," Dell'Anno said.

That said, not every child has specific interests to pursue.

"If they're not focused in on something they really, really want, pick a camp that has a wide range of activities," Dell'Anno said. "So they may not get the detailed expertise in any one activity, but they get a chance to taste a bunch of different things."

Using various resources will make it easier for you and your child to choose a summer camp that is a good fit. SHUTTERSTOCK

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Started from the bottom, now she's here: From dumpster dives to a biz that thrives

All you Nasty Gals. Sophia Amoruso shares her unconventional experience as an entrepreneur in #GIRLBOSS

ANDREA PARK
Metro World News

Amoruso paid tribute to her dumpster-diving days during a recent Nasty Gal photo shoot. INSTAGRAM / NASTYGAL

Just 10 years ago, Nasty Gal CEO Sophia Amoruso was dumpster diving, shoplifting, hitchhiking and drifting from job to job. It's safe to say that no one could have guessed Amoruso would become the CEO of a $100-million retail business with more than 350 employees working for her, but in 2006, Amoruso started an eBay store that quickly blossomed into a retail empire.

In addition to Subway sandwich artist, ID checker and CEO, Amoruso can now add author to her resumé: Her memoir and professional advice book, #GIRLBOSS, will be available for purchase tomorrow.

Your book couldn't be more different from Lean In. In fact, you barely talk about male dominance in the workforce. Why is that?
If it's a man's world, who cares? It's kind of like, "Yes, lean in, but you don't need to talk about it." The energy you use talking about it, you could use to actually lean in. I come from a position of being a little bit privileged in that I started my business and worked my way to the top — but not in an organization run by men.

I'm not going to deny that's something that exists for many women, and I'm not going to deny that I've been looked at as the only girl in the room, but I don't acknowledge it. As soon as you acknowledge it, it almost takes power away from you. Just rising to the occasion and thinking, "I'm going to be who I am and be the smart girl I am and talk like I know what I'm talking about, because I do," and gaining respect — that's leaning in.

You don't give steps or a plan to readers on how to be successful. Why is that?
I can just share my experience and I want people to learn from that. You can learn from other people's success and failure. A lot of people are going to tell you how things are in the world and most of them are going to be wrong for you and right for someone else. It's more important that you play to your strengths and put yourself in places that challenge you. If you fail, then you make the choice on whether or not you'll try again.

What do you want to accomplish with your book?
The things I want to manifest are not things I'm acutely thinking about. If my book plants something inside people that's dormant, I hope there's something, some day that benefits them. I don't care if I'm recognized for it or if they even recognize that they learned something because they read my book.

Why did you want to write #GIRLBOSS?
There had been a fair amount of press telling my story from the day I started Nasty Gal on eBay, but there was a lot missing and I was not comfortable telling the whole story in anyone else's words. There's a lot I learned in the years before Nasty Gal and the years after that I wanted to share and put into my own words.

Do you have any tips for young women who feel directionless and don't know what they want to do yet?
You just have to keep trying things. I knew I wanted to be good at something. I thought I was going to be a photographer. Had I tried to control that too much and said, "Screw this eBay thing," I don't know if I would have fulfilled any level of a dream. I don't know if I would have been a successful photographer or done what I did with Nasty Gal. I was open to seeing where life took me.

What was the best advice you ever got?
I had a friend in high school and this always stuck with me. My friend said, "I change what I can at arm's reach." That's what a book is. That's what putting clothes on girls that feel really good about themselves after they put it on is. When you live your life and treat people with respect and work hard and play by the rules — which I only learned from trial and error — it can create really great things.

Do you think it was to your advantage that you never had too much direction from professional mentors?
Some advice I take and half of it I throw away. This caused me a lot of problems as a kid, but I've never taken what people with more experience than me say at face value, which could be seen as disrespectful, but I see it as a healthy discourse. It's important to weigh your gut feelings with practical advice you're being given and decide. There's a lot to learn from what other people have done, but there's also a lot to doing things your own way.

Do you regret living the wild life when you were hitchhiking and shoplifting?
That phase was pretty short. I think I learned a lot from it. You learn a lot about people and what not to do by doing stupid stuff like that, and unfortunately I think I was naïve enough to have to learn about the world by putting myself in situations like that. I actually had to get to who I am now by removing every other option.

Nuts to male dominance

"I'm not going to deny that's something that exists for many women and I'm not going to deny that I've been looked at as the only girl in the room, but I don't acknowledge it. As soon as you acknowledge it, it almost takes power away from you."

Sophia Amoruso, CEO of Nasty Gal on male dominance in the workforce

I'm worried that I've made a major mistake

Conflicted on campus. You've successfully made it through your first year, but is it possible that you didn't pick the right stream of study?

ELENI DEACON
Metro News

If you aren't sure of the direction you're going, don't distress, discuss! ISTOCK

Choosing the right major is not a minor decision. As the school year comes to an end, some students may be questioning whether their selected field of study is the best course for them. And while this dilemma can be tricky, there are many options available to those facing this predicament.

For new scholars, it can be helpful to think of first year as a time for discovery. Dr. Jane Rutherford, an Associate Professor in Biology at Wilfrid Laurier University who also serves as her program's undergraduate academic advisor, urges students to keep their minds open during their early semesters.

"I tell them first year is about exploring your options and finding out what you enjoy and what maybe you don't enjoy so much," she says. "And I always tell them, 'Don't feel you're locked in to a particular program.'"

This was the case for Rebecca Vandevelde, an alumnus of York University's Glendon College who switched out of International Studies into Drama Studies after her second year when she realized her program's subject matter did not grab her.

"It was not what I thought it was going to be," Vandevelde says. "It was very heavy on political theory, which was interesting for a couple of classes but not what I wanted to focus my degree on. And that gave me the impetus to move."

While Vandevelde says the decision was straightforward, that is not always the case. Joyce Hunter, academic counselling services manager at Queen's University, emphasizes that students who are unsure about their direction should re-evaluate their own motivations, not those of friends or parents.

"They need to do some self-assessment," Hunter says, "Introspective thinking about what their goals are or what kind of career they want, what kind of work they want to do, what kind of lifestyle they want to have. And that involves not just thinking, but (talking) to professionals."

These professionals include counsellors available at every university.

For students doubting their major, Hunter recommends a combination of academic advising, personal counselling, and career counselling. She says she frequently encounters students who are questioning why they are at university —and this may mean changing not just their major, but their school.

"University is not for everyone, and we will not hesitate to say, 'Look at other options. Maybe you should be looking at a college program that is going to be a better fit for you,'" Hunter explains.

Rutherford also stresses that it is never too late to switch — partly because the expected timeframe for an undergraduate degree is becoming more flexible. "A lot of students are here on the five-year plan rather than the four-year plan," she says, adding, "and some of them are here for even longer than that."

Hunter agrees. "I've talked to students who've gotten to the end of their fourth year and decided to make a wholesale change, from sciences to arts and vice versa. I think it's more productive for a person to make the change at this point in their lives, when they're young, than trying to catch up 10 years down the road."

'Round the world wisdom

Cement new habits by making them extra sticky

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

Remind yourself along the way that your goal is worth reaching. ISTOCK

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

They say that preparation is half the battle. In my experience, it is even more. Completing three multi-day desert ultra-marathons was certainly a challenge, but it wasn't anywhere near as demanding as completing the training. Although I was committed to my goal, I needed a strategy to anchor new daily training habits and to keep myself focused when I was aching, confronted with other priorities, out of time, facing bad weather, or simply didn't feel like it.

Early on, I developed tactics like leaving my running shoes next to my bed exactly where my feet would touch the floor when I woke up, or even going to bed wearing my running gear at times. Day to day, I created small reminders to think proactively about the training, such as writing "Gobi" on the bathroom mirror, along with adding recurring "Gobi" reminders to my calendar. I also found an experienced runner who agreed to be my accountability coach to whom I reported myself weekly with progress. Essentially, I had set up a defence perimeter to catch myself before reverting to old habits, while trying to rapidly create new ones.

Although it can take as little as 21 days to create a new habit, the old ones we have are so deeply ingrained that changing them isn't so simple.

As they are borne out of automatisms, the difficulty is often staying the course in the early days long enough to get to that point where the new habit sticks. In order to make it "sticky," it is best to create strategies to help stay the course until we naturally derive more benefits from the new habit than challenges associated with changing the old one. Only then can our intentions become cemented into new habits.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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UNDERSTANDING MENTAL ILLNESS

ONE IN FIVE CANADIANS ARE AFFECTED

Depression. Attention deficit disorder (ADD). Anxiety. Addiction. Schizophrenia. These are examples of the wide variety of mental health issues one out of every five Canadians suffer from, and for many these medical conditions can be debilitating.

Some people suffer short-term episodes of depression or anxiety that is debilitating to the point they can't work or function normally. Others have issues around anxiety and fear that prevents them from doing certain activities. For others, mental illness is a lifelong burden that has environmental, psychological or biologic roots.

"Mental illness can affect people at all ages any stage of life," says Dr. Michael Teehan, president of the Canadian Psychiatric Association. "About 70 per cent of mental health problems start during adolescence and early adulthood, and extend into the adult years."

Mental illness is the second leading cause of disability and premature death (often by suicide) and costs Canadians roughly $50 billion per year. The most common problems are depression and anxiety with eight per cent and 12 per cent of people suffering an episode in their lifetime, respectively. Anxiety includes conditions such as phobias, panic attacks, social dysfunction and more.

Men and women both suffer mental illnesses, but there can be differences. According to the Canadian Mental Health Association, addiction rates are higher in men, but women have higher rates of mood and anxiety disorders. More than 75 per cent of suicides involve men, but women attempt suicide three to four times more often. Nearly 4,000 Canadians commit suicide each year, 90 per cent of whom suffered a diagnosable mental illness.

Teehan says there are psychological approaches that help people understand and cope with their condition, medication, and social interventions, such as helping people get out of abusive or difficult situations.

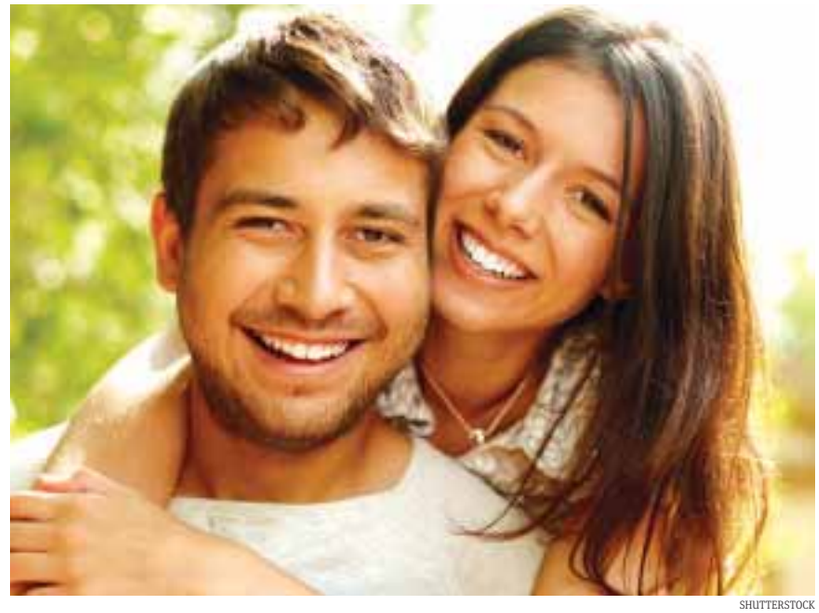
Early diagnosis to either confirm or rule out mental health illness can prevent problems from getting worse. Need help? Ask your local doctor or nurse practitioner for guidance.

– Pippa Wysong

BY THE NUMBERS

- One in 20 people have a diagnosable mood disorder (depression or bipolar disorder);
- One in 20 have an anxiety disorder;
- One in 30 have a problem with addiction, either alcohol or illicit substances;
- One in 50 are at risk for addictive gambling problems;
- Three per cent of women and 0.3 per cent of men develop an eating disorder at some point.

Source: Public Health Agency of Canada



SHUTTERSTOCK

#phine
How are you doing today?
fine ~ definition (adjective)
Saying you're fine and you are.
phine ~ definition (adjective)
Saying you're fine when you are not.
CMHA'S 63RD ANNUAL MENTAL HEALTH WEEK
MAY 5-11, 2014
TELL US HOW YOU REALLY FEEL
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A good start to combat PTSD is asking for help

Effects can linger for months, even years

Seeing someone die violently. Sexual assault. Childhood abuse. A car accident. These are all examples of traumatic events that can lead to post-traumatic stress disorder (PTSD).

While some people recover from the horror of these events, for others the effects can linger for months, or even years. Symptoms can include reliving the events through flashbacks or nightmares, or when seeing situations that remind you of the event.

"PTSD happens because a traumatic event causes changes to the brain that cause fear and anxiety to persist long after the event," says Julie Martin, program co-ordinator of the program for traumatic stress recovery at Homewood Health Centre in Guelph, Ont, which has one of the largest PTSD treatment programs in Canada. "With PTSD you overrespond to fearful situations."

PTSD sufferers experience intense anxiety, can't concentrate, have outbursts of anger or bouts of crying. Some feel an emotional distance to the world around them — it's like part of the emotional part of the brain shuts down. Depression commonly accompanies PTSD and, without help, some people are at risk for suicide.

About nine per cent of Canadians suffer from PTSD at some point. Treatment for PTSD involves talk therapy (counselling), medications, or both. Asking your doctor for help is a good place to start.

"The key to recovery from the symptoms of PTSD is to create safety, grieve losses and strengthen sense of self," Martin says.

– Pippa Wysong

SHUTTERSTOCK

Don't perpetuate these common myths

The following are some common myths that surround mental health issues.

MYTH: People who are mentally ill are more likely to be violent.

People with mental illness are more likely to be victims of violence than perpetrators.

MYTH: People can control how they feel and what they do.

With a mental health illness, these abilities are impaired. Mental health issues are nobody's fault. There are genetic or inherited factors behind the development of many mental health issues, including depression, schizophrenia, autism, dementia and more. There are biological aspects to mental health, as well as environmental influences, such as a history of trauma or abuse.

MYTH: Mental health is all about your attitude. Change that and you will be OK.

It's not that easy, and suggesting this to people suffering from mental illness can make them feel worse. Biological components, such as chemical imbalances in the brain, can lead to symptoms of depression, hallucinations, over-reactions to stressful situations and more.

SHUTTERSTOCK

MYTH: People can just "snap out of it."

Mental health issues have complex biological components that people can't simply "snap out of." Just like people can't snap out of having diabetes, a person can't snap out of an episode of clinical depression, anxiety attacks, or the lifelong complications of schizophrenia or other problems. Many need long-term medical management and help learning psychological methods that can help them cope.

MYTH: Asking someone if they are suicidal will trigger a person to commit suicide.

Talking to someone at risk in a non-judgmental, non- argumentative way can actually help reduce the chances of them killing themself. Having someone to talk to, and listen to, makes people feel less alone.

MYTH: Mental health problems aren't as serious as other diseases.

Untreated, mental health problems can be completely debilitating. Sadly, mental illness is behind 24 per cent of all suicides among young adults between the ages of 15 to 24, and 16 per cent of those from aged 25 to 44.

– Pippa Wysong

HOW TO GET HELP

As with any medical condition, mental health can be treated. Places to turn to include:

Your doctor. If you do not have a family doctor, tell a doctor at a walk-in clinic you need help or a referral.

Canadian Mental Health Association (CMHA). This nationwide association provides information about a wide variety of mental illnesses. cmha.ca.

If you are in crisis, go to your local hospital.

Crisis lines. There are crises lines available 24/7. To find a number in your area, visit SuicidePrevention.ca.

There's **nothing more important** than your **family's health!**

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Premier of Manitoba
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GregSelinger.ca

Jennifer Howard
MLA for Fort Rouge
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JenniferHoward.ca

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NBA playoffs

Spurs put away Mavericks

Tony Parker scored 32 points and the San Antonio Spurs led by as many as 31 on their way to a 119-96 victory over the Dallas Mavericks, closing out a tense first-round series Sunday in seven games. THE ASSOCIATED PRESS

The Spurs' Manu Ginobili drives around the Mavericks' Monta Ellis on Sunday. THE ASSOCIATED PRESS

NHL playoffs

Rookie fitting in well with Bruins

With just seven NHL playoff games under his belt, young Bruins forward Reilly Smith already has two winning goals. Not to mention the trust of coach Claude Julien.

"He plays like a veteran," Julien said of the 23-year-old winger from Toronto. "And you know he's very calm in those kind of situations. You don't see him make too many big mistakes, because he's a smart hockey player."

Smith and linemates Patrice Bergeron and Brad Marchand combined for two goals and three assists Saturday in the Bruins' 5-3 comeback win over the Canadiens, with Smith rifling the winner with 3:32 remaining. THE CANADIAN PRESS

Keeping up the pressure

"We can't sit back and try to protect a lead."

Canadiens defenceman Josh Gorges. The Habs wasted a 3-1 advantage as the Bruins scored four times in the last 9:04 of the third period for a 5-3 win in Game 2 on Saturday afternoon. The Bruins visit Montreal for Game 3 on Tuesday night.

Nets suppress Northern Uprising with Game 7 win

NBA playoffs. Raptors denied their second trip to the second round after losing contest by one point

DeMar DeRozan leaned over Kyle Lowry after the final buzzer sounded to end the Toronto Raptors' season — Lowry was laying distraught on the floor, his face in his hands. DeRozan was above him, speaking with urgency.

It was a moment that said volumes about this young Raptors squad: their unexpected record-breaking season and their thrilling run through the playoffs, and the bonds they built along the way.

"That's my man," Lowry said of DeRozan. "He said, 'If anybody is taking that shot, I'm living and dying with you taking that shot, or trying to attempt to get that shot off.' It was a great brotherly moment."

Lowry, who led the Raptors with 28 points Sunday, had just been blocked on a shot at the buzzer, giving the Brooklyn Nets a 104-103 Game 7 victory and ending the Raptors' first playoff run in six seasons.

"The play was to get me the ball, but they did a good job of trapping me, and I didn't get that shot off that I wanted to get off," said Lowry.

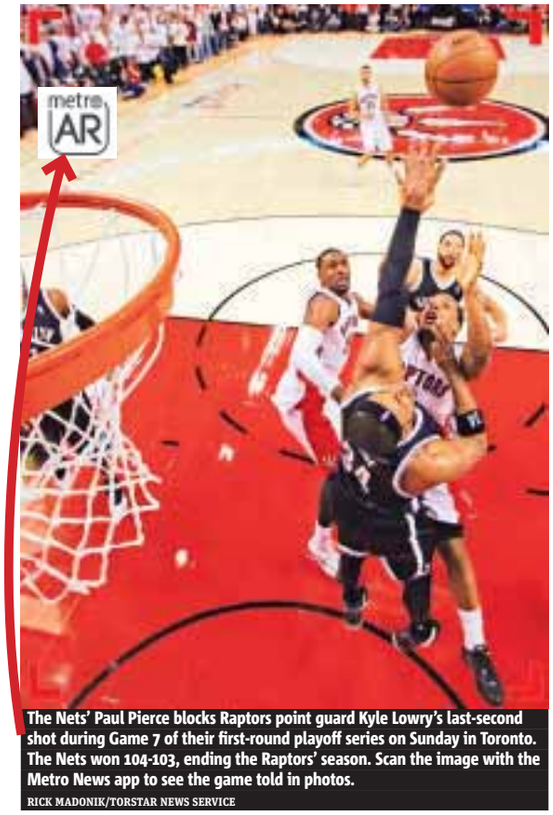
Amir Johnson had a playoff-high 20 points plus 10 rebounds before fouling out of the game with 7:53 to play. DeRozan added 18 points for the Raptors, who were hoping to see the second round of the playoffs for just the second time in the franchise's 19-year history. Patrick Patterson finished with 16 points, while Terrence Ross had 11.

Joe Johnson scored 26 points to lead the Nets, who will face the two-time defending champion Heat beginning Tuesday in Miami. Marcus Thornton finished with 17. THE CANADIAN PRESS

Uncertain future

Not only is the Raptors' season over, so are the contracts of coach Dwane Casey and point guard Kyle Lowry.

- Lowry becomes a free agent on July 1, but when asked about his future, he said his mind was still on the series and its end.



The Nets' Paul Pierce blocks Raptors point guard Kyle Lowry's last-second shot during Game 7 of their first-round playoff series on Sunday in Toronto. The Nets won 104-103, ending the Raptors' season. Scan the image with the Metro News app to see the game told in photos.
RICK MADONIK/TORSTAR NEWS SERVICE

Final thoughts

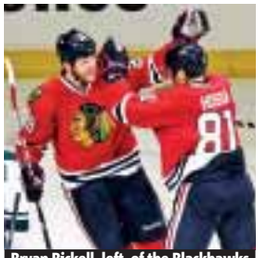
"I'm proud of our guys. Nobody gave them a snowball's chance in you-know-where to be here." Raptors coach Dwane Casey

"I can't say some of the things they were calling me out there. You were against not only 15,000 in the building — you were against the 15,000 outside."

The Nets' Paul Pierce on the Raptors and their fans at the Air Canada Centre.

"I can sleep at night knowing he took that shot. I can live with that."

Raptors swingman DeMar DeRozan said Kyle Lowry was the right man to take the final shot for the team.



Bryan Bickell, left, of the Blackhawks celebrates scoring a goal against the Wild with Marian Hossa on Sunday.
THE ASSOCIATED PRESS

Wild in a pickle thanks to Bickell

Bryan Bickell had a goal and two assists, and the Chicago Blackhawks beat the Minnesota Wild 4-1 on Sunday to take a 2-0 lead in the Western Conference semifinals.

"It's that time of year. I enjoy it," said Bickell, who had just 15 points during a disappointing regular season. "This is a crucial time for this team. We need for me and this team to step up."

Brandon Saad scored his first two goals of the post-season, and Chicago earned its sixth consecutive win despite stretches of lacklustre play in the second and third periods. Corey Crawford made 18 saves.

Cody McCormick scored his second career playoff goal, but Minnesota missed another chance to steal home-ice advantage from the defending Stanley Cup champions.

The series opener was tied at 2 in the third period before Patrick Kane scored two of Chicago's final three goals in a 5-2 victory on Friday night.

Game 3 is Tuesday night in Minnesota. THE ASSOCIATED PRESS

Pens blank Rangers

Marc-Andre Fleury made 22 saves for his seventh playoff shutout to lift the Pittsburgh Penguins to a 3-0 win over the New York Rangers on Sunday night, tying their series at one game apiece.

Horoscopes

♈ Aries
March 21 - April 20
Listen to what a friend tells you and be quick to act on their advice. Even if what they say is not what you were hoping to hear there is a lot of wisdom in their words, not least because they can see what you cannot.

♉ Taurus
April 21 - May 21
Someone in a position of authority will look favourably on you over the next few days and if you are smart, you will get something more out of it than just praise. Ask for a raise or a promotion — or both.

♊ Gemini
May 22 - June 21
Creatively and romantically, the next few days should be good for you. But for best results, you need to be focused. Identify your number one priority and really go for it.

♋ Cancer
June 22 - July 23
You will make efforts above and beyond the call of duty over the next seven days. Not only will you get an extraordinary amount of work done in a remarkably short space of time but it will be quality work too.

♌ Leo
July 24 - Aug. 23
You will be much in demand socially today but you must choose carefully among the many invitations because you won't have the time or the energy to say yes to them all.

♍ Virgo
Aug. 24 - Sept. 23
A family matter you thought was resolved will rear its head today and this time you must make sure it's settled. If you don't lay down the law the issue will continue to nag at you.

♎ Libra
Sept. 24 - Oct. 23
What you have to do over the next few days may not be what you would choose to do but if you approach it in the right frame of mind, it can still be fun. It will also get important people back on your side.

♏ Scorpio
Oct. 24 - Nov. 22
If you do things by the book today, you will get the rewards you deserve. If, however, you try to gain an advantage by cutting corners most likely you will find that your underhand methods rebound on you.

♐ Sagittarius
Nov. 23 - Dec. 21
It's not like you to put practical matters above having fun but you may have no choice over the next 24 hours. Social activities will have to take second place to getting on top of your work and money.

♑ Capricorn
Dec. 22 - Jan. 20
It won't be long before you get the chance to do something out of the ordinary but for the time, be patient. If you make your move too soon, the results may not be as good.

♒ Aquarius
Jan. 21 - Feb. 19
What happens over the next 24 hours will remind you that it is not where you look but how you look that determines the way the world seems to be. Be positive in everything you do.

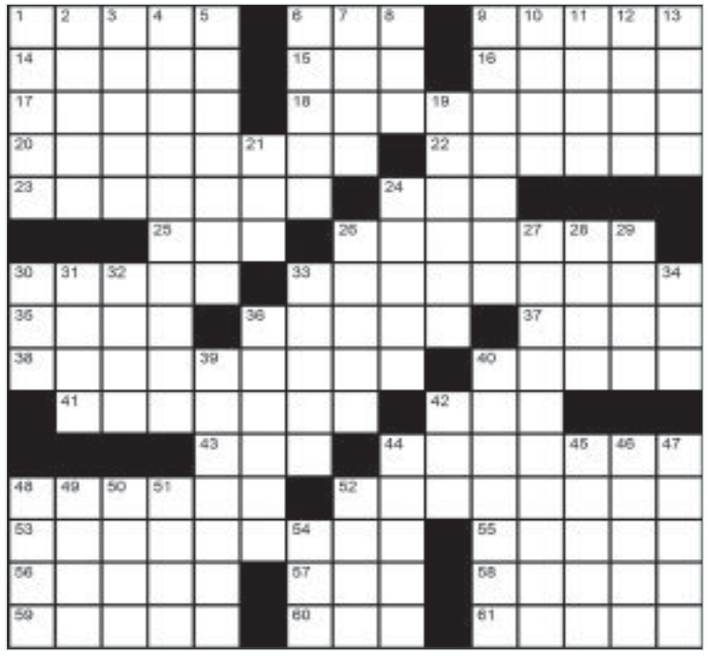
♓ Pisces
Feb. 20 - March 20
If you recently made a promise, to somebody else in a position of power, you must keep it. If you try to back out of the deal it will do your reputation harm.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



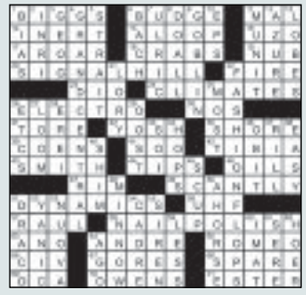
Across

1. Clever
6. Bootcamp officer, briefly
9. Bob of "Full House"
14. Windy City airport
15. Who: French
16. _*__ (Classic arcade game cube-hopper)
17. Choir outfits
18. Alan-and-family's Slice show, "__ Thicke"
20. England born/ Canada raised actor Scott
22. Festive decoration
23. Most brief
24. Distant
25. Label
26. Some times
30. Happen
33. They're at the centre of Atlantic Canada's activist-opposed annual hunt: 2 wds.
35. "...__ __ I wrong about THAT too??"
36. Robert Service works
37. Verifiable
38. Paul Anka song covered by Donny Osmond: 2 wds.
40. Skincare brand
41. Master bedroom extra
42. __ and Gus, "Cinderella" (1950) mice
43. These: French
44. Elegant court dances
48. 1987 Warren Beatty/Dustin Hoffman movie
52. Did in an unprepared manner: 2 wds.
53. "The Boys in the Bright White __ __" by Trooper
55. Prefix to 'foam'
56. Olympic legend Ms. Comaneci
57. Smash song
58. Complete
59. Ian or Sylvia
60. Shakespearean suffix
61. Arctic explorer, Robert E. __ (b.1856 - d.1920)

Down

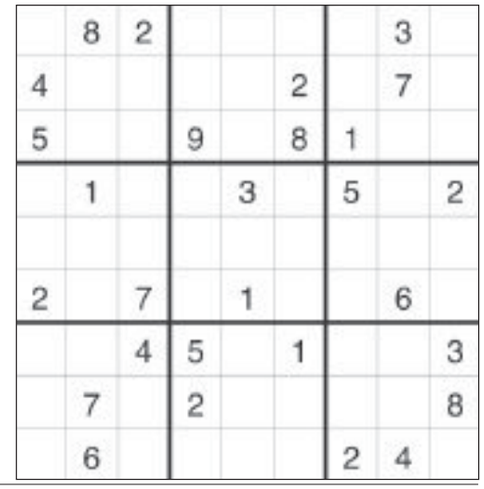
1. Least best
2. Elton John's "Your Song" bit: "_ __ you don't mind..."
3. Southern Alberta town
4. Big Joe Mufferaw's work remnants: 2 wds.
5. "Alright, honey.": 2 wds.
6. Gym move
7. Style expert Tim
8. Ancient war god
9. Early band for Neil Young, The __
10. Impose ___ (Outlaw something)
11. Dr. Scholl's products
12. Writer Mr. Stanley Gardner
13. Texter's "Bye for now."
19. Calgary footballers, to fans
21. Food additive
24. Evita song: "Don't Cry __ __ Argentina"
26. Irish writer Ms. Binchy
27. Web courtesy
28. Root vegetable
29. Smirch
30. Alley __ (Comic strip classic)
31. Motley __
32. __'_ Crunch (Cereal)
33. Jeers
34. View
36. Toolbox grippers
39. __ Peninsula
40. Smashes: 2 wds.
42. "Lost" character played by Daniel Dae Kim
44. Gleefulness
45. "Dancing with the Stars" alum Ms. Sliwinska
46. Making-one-sleepy thingy
47. Tale
48. "Say it __ so!"
49. __ or neuter
50. Brick carriers
51. Rush, for example
52. Lineup lag
54. "Evita" (1996) role

Friday's Crossword

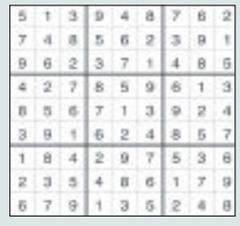


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku



Weather

TODAY	TUESDAY	WEDNESDAY
MAX: 13° MIN: 6°	MAX: 13° MIN: 4°	MAX: 14° MIN: 3°

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